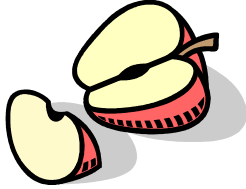


Name of Activity:

Apples, Apples Everywhere

Purpose of Activity:

The children will identify the different parts of an apple, count and record its seeds, and associate the number of seeds with the number written



Suggested Grade Level:

K-1

Materials Needed:

Apples, plastic knives or spoons, paper plates, and poster board to make a chart

Physical Activity:

Discover math

What to do:

1. Discuss the different parts of an apple: leaf, stem, peel and seeds.
2. Cut apples in half and give each child one-half of an apple and use a paper plate.
3. Have the children remove the seeds from their apples (use a small plastic knife for digging). Place the seeds on the plate and count the seeds.
4. Place numbers one through 10 on a table and have each child pick the number that is the same as the number of seeds in his/her apple.
5. Make a large chart showing the number of seeds in the apples.
6. Ask each child how many seeds were in the apple and record the number on the chart. Which number was recorded the most times? Which was recorded the least? Could an apple have no seeds? Why?
7. Discuss the importance of eating fruits daily at school lunch, school breakfast and for snacks.

Apple Crispies

Ingredient

6 Servings

24 Servings

Apples, peeled, and thinly sliced

3 cups

3 quarts

Brown sugar

1/4 cup

1 cup

Margarine

1/8 cup

1/2 cup

Toasted rice cereal

1/8 cup

4 cups

Nonstick vegetable spray

Method

1. Preheat oven to 350 degrees.
2. Spray a baking pan with nonstick spray.
3. Spread apples evenly into baking pan.

4. In a mixing bowl, combine brown sugar and margarine with a pastry blender until crumbly. Stir the cereal into the margarine mixture with a wooden spoon.
5. Sprinkle the mixture over the apples.
6. Bake for 20 minutes or until the topping is browned. Cool before removing from pan.
7. Cut into 1/2 cup servings.

Nutrition Facts:

Amount per Servings: Calories 152; total fat 4g; sodium 110mg; total carbohydrate 30g; dietary fiber 2g; sugar 23g; protein 1g; vitamin A 16%; vitamin C 16%; calcium 2%; iron 2%

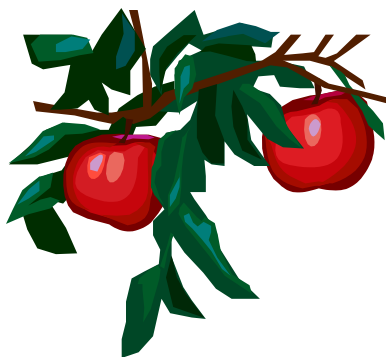
Suggested book to accompany activity:

Ten Apples Up on Top by Dr. Seuss, New York, NY: Random House, Inc.

Math Model Content Standards

Standard 1. Students develop number sense and use numbers and the number relationships in problem solving situations and communicate the reasoning used in solving these problems. In grades K-4, what students know and are able to do includes:

- reading and writing whole numbers and knowing place-value concepts and numeration through their relationships to counting, ordering, and grouping
- using numbers to count, to measure, to label, and to indicate location.



NUTRITION SERVICE SUPPLIES FOR CLASS INSTRUCTION

Lesson: Discover Mart, Apples, Apples Everywhere

This form must be submitted to your kitchen manager **three weeks** before the nutrition education instruction day to provide time for ordering items needed. It is extremely important that if the class is cancelled to let your manager know as soon as possible.

Teacher Name: _____
Classroom: _____
Date Needed: _____
Time Needed By: _____

Food Items Needed	Quantity Needed	Paper Items Needed	Quantity Needed

It has been repeatedly shown that classroom nutrition education enhances the consumption of all food groups, especially fruits and vegetables in school meals. Thank your for your efforts to provide students with the knowledge and skills needed for lifelong healthy eating.